

# BAIN 50+ CENTER

JULY 2021



**5470 Ruth Keeton Way**

**Columbia, MD 21044**

**410-313-7213**

**50 + Hotline 410-313-5400**

## **Hours**

Monday - Friday

8:30 am - 4:30 pm

## **Center Email**

[bain50@howardcountymd.gov](mailto:bain50@howardcountymd.gov)

## **Newsletters Online**

[www.howardcountymd.gov/  
bain50](http://www.howardcountymd.gov/bain50)

## **Volunteer Website**

[www.hocovolunteer.org](http://www.hocovolunteer.org)

## **Center Staff**

**Linda Ethridge**

Center Director

**Tammy Wiggins**

Center Assistant Director

**Dawn Perez** Registrar

**Rochelle Hayes** Utility Worker

**Michelle Rosenfeld**

Fitness Coordinator

**Bridget McAndrew**

Program Assistant

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## **Your Friends And Neighbors Are Back!**


The Howard County 50+ Centers are open. We have resumed in-person services, and no appointments are necessary.

We are enjoying the faces and smiles of our returning members. Check out Tap Dancing (in our new dance studio), Duplicate Bridge, Bingo, Mah Jongg, Knitting, and of course, our new state-of-the-art Fitness Center are with full steam. Returning exercise classes include Yoga, Chair Yoga, Arthritis and Better Balance. New offerings are under development and we look forward to sharing them with you.



*This newsletter can be presented in an alternate format,  
by calling 1-800-552-7724 (voice/relay).*

# JULY BAIN 50+ CENTER ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Please Note: Only the program start times are listed here.</b></p>			<p><b>1</b> Fitness Center 8:30 am Billiards 8:30am Open Art/Pottery 10 am Poker 11 am Mahjongg 1pm Beginners Soul Line Dance 2 pm</p>	<p><b>2</b> Fitness Center 8:30 am Billiards 8:30 am Let's Walk 10 am Knitting &amp; Crocheting 10 am Poker 11 am Cards &amp; Games 12 pm</p>
<p><b>5</b> <b>CLOSED</b></p> 	<p><b>6</b> Fitness Center 8:30 am Billiards 8:30 am MAP 10 am Low Vision Group 10:15 am Poker 11am Silver Belles 10:45 am Duplicate Bridge 12 pm</p>	<p><b>7</b> Fitness Center 8:30 am Billiards 8:30 am Yoga 11 am Massage Therapy 10 am Poker 11am Bingo 9:30 am Mahjongg 1 pm</p>	<p><b>8</b> Fitness Center 8:30 am Billiards 8:30am Open Art/Pottery 10 am Poker 11 am Mahjongg 1pm Beginners Soul Line Dance 2 pm</p>	<p><b>9</b> Fitness Center 8:30 am Billiards 8:30 am Chair Yoga 9:30 am Let's Walk 10 am Knitting &amp; Crocheting 10 am Poker 11 am Cards &amp; Games 12 pm</p>
<p><b>12</b> Fitness Ctr. 8:30– 4 pm Billiards 8:30-2:30 pm Knitting &amp; Crocheting 9 am-12 pm Poker 11-4 pm Open Art 10 am –2pm Cards &amp; Games 12-4 pm KASA Program 1-3 pm</p>	<p><b>13</b> Fitness Center 8:30 am Billiards 8:30 am MAP 10 am Low Vision Group 10:15 am Poker 11am Silver Belles 10:45 am Duplicate Bridge 12 pm</p>	<p><b>14</b> Fitness Center 8:30 am Billiards 8:30 am Yoga 11 am Massage Therapy 10 am Poker 11am Bingo 9:30 am Mahjongg 1 pm</p>	<p><b>15</b> Fitness Center 8:30 am Billiards 8:30am Open Art/Pottery 10 am Poker 11 am Mahjongg 1pm</p>	<p><b>16</b> Fitness Center 8:30 am Billiards 8:30 am Let's Walk 10 am Knitting &amp; Crocheting 10 am Poker 11 am Cards &amp; Games 12 pm</p>
<p><b>12</b> Fitness Center 8:30 am Billiards 8:30 am Knitting &amp; Crocheting 9 am Poker 11am Open Art 10 am Cards &amp; Games 12 pm KASA Program 1pm</p>	<p><b>20</b> Fitness Center 8:30 am Billiards 8:30 am MAP 10 am Low Vision Group 10:15 am Poker 11am Silver Belles 10:45 am Duplicate Bridge 12 pm</p>	<p><b>21</b> Fitness Center 8:30 am Billiards 8:30 am Yoga 11 am Massage Therapy 10 am Poker 11am Bingo 9:30 am Mahjongg 1 pm</p>	<p><b>22</b> Fitness Center 8:30 am Billiards 8:30am Open Art/Pottery 10 am Poker 11 am Mahjongg 1pm</p>	<p><b>23</b> Fitness Center 8:30 am Billiards 8:30 am Chair Yoga 9:30 am Let's Walk 10 am Knitting 10 am Trenders 10 am Poker 11 am Cards &amp; Games 12-4</p>
<p><b>12</b> Fitness Center 8:30 am Billiards 8:30 am Knitting &amp; Crocheting 9 am Poker 11am Open Art 10 am Cards &amp; Games 12 pm KASA Program 1 pm</p>	<p><b>27</b> Fitness Center 8:30 am Billiards 8:30 am MAP 10 am Low Vision Group 10:15 am Poker 11am Silver Belles 10:45 am Duplicate Bridge 12 pm</p>	<p><b>28</b> Fitness Center 8:30 am Billiards 8:30 am Yoga 11 am Massage Therapy 10 am Poker 11am Bingo 9:30 am Mahjongg 1 pm</p>	<p><b>29</b> Fitness Center 8:30 am Billiards 8:30am Open Art/Pottery 10 am Poker 11 am Mahjongg 1pm</p>	<p><b>30</b> Fitness Center 8am Billiards 8:30 am Chair Yoga 9:30 am Let's Walk 10-11am Knitting 10 am Trenders 10 am Poker 11 am Cards &amp; Games 12</p>

# JULY BAIN 50+ CENTER ACTIVITIES

## In-Person Exercise Programs Return to Bain

### Yoga

July 12–September 27 Cost: \$59

**Mondays, 2:30–3:30 pm**

**Wednesdays, 11 am–12 noon**

**July 7–September 29 Cost: \$69**

Join Certified Yoga instructor, **Mary Garratt**, and learn the techniques that promote good health and strength.



### Chair Yoga

July 9–September 24 Cost: \$64

**Fridays, 9:30–10:30 am**

Chair yoga is a great way to relax from head to toe without the stress of getting out of your chair. Join Certified instructor, **Connie Bowman** and promote mobility.

### Beginner Soul Line Dance

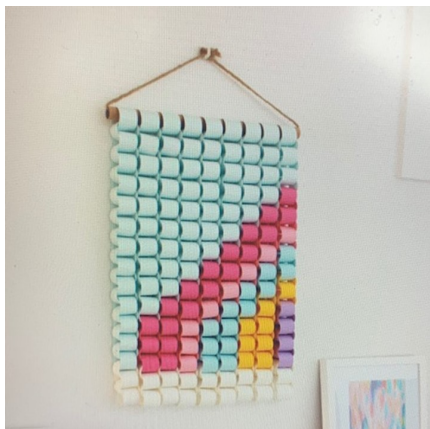
**Free Trial Classes**

**Thursday, July 1 & 8**

**2-3 pm**

Join **Jesse Barnes**, our “seasoned” Dance Instructor who teaches throughout Central Maryland. Learn beginners’ line dance steps and get fit at the same time.

### DIY PAPER CHAIN "RAINBOW IN THE SKY" WALL HANGING



Tuesday  
July 27, 2021  
2 pm  
Linda  
Ethridge  
Instructor

Virtual and In person. Pick up tools and material list at the front desk.

### Mind and Body Connection

**Wednesday**

**July 21, 2021**

**12 noon**

It's wonderful to know now that the medical profession understands that emotions affect our health. This 1 hour presentation will correlate disease processes to emotions and physical breakdown. **Sharon Burns, RN, BSN, MA, Holistic Practitioner**, will teach self-healing techniques based on the 7 major energy points in our bodies called Chakras. Explore this fascinating way to feel your best.



# BAIN 50+ CENTER Go 50+ Information



Our GO50+ membership packages are designed to enhance the quality of life for the 50+ adult population that lives, works, and plays in Howard County.

Live longer, healthier lives... join today!

## 50+ CENTERS

Membership includes access to Gary J. Arthur and N. Laurel Community Centers and all Howard County 50+ Centers.

- Game Room Areas
- Gymnasiums
- Walking Tracks
- Wellness Programs

**FREE**

## GO50+ FITNESS

Membership includes access to Gary J. Arthur, N. Laurel and Roger Carter Community Centers and all Howard County 50+ Centers.

- All 50+ Center Benefits
- Fitness Rooms
- Dance/Aerobics Studio\*

Resident: \$75 per year  
Nonresident: \$100 per year

## GO50+ ROGER CARTER POOL

Membership includes access to Gary J. Arthur, N. Laurel and Roger Carter Community Centers and all Howard County 50+ Centers.

- All 50+ Fitness Benefits
- Roger Carter Pool Access During Open Swim Hours

Resident: \$175 per year  
Nonresident: \$225 per year

\*Dance/Aerobics Studio not available at Ellicott City 50+ Center.

### Bain 50+ Center

5470 Ruth Keeton Way, Columbia, MD 21044 | 410-313-7213

### Ellicott City 50+ Center

9411 Frederick Road, Ellicott City, MD 21042 | 410-313-0727

### Elkridge 50+ Center

6540 Washington Boulevard, Elkridge, MD 21075 | 410-313-5192

[www.howardcountymd.gov/aging](http://www.howardcountymd.gov/aging)

### Gary J. Arthur Community Center

2400 Rte 97, Cooksville, MD 21723 | 410-313-4840

### North Laurel Community Center

9411 Whiskey Bottom Road, Laurel, MD 20723 | 410-313-0390

### Roger Carter Community Center

3000 Milltowne Drive, Ellicott City, MD 21043 | 410-313-2764

[www.howardcountymd.gov/facilities](http://www.howardcountymd.gov/facilities)



**Howard County**  
RECREATION & PARKS



Howard County Office on  
**Aging and Independence**